

# Fifteen minutes with God: a plan to get you started

1. Start by reading the Bible **(5 minutes)**
2. Watch for something to jump out at you.  
When that does, even if you don't understand why, stop there!
3. Write down the verse that jumped out and meditate it **(1 minute)**  
Why did it strike you? Was it surprising? Offending? Scary? Shocking?  
Confusing? Weird? Challenging?
4. SPACEPET that verse **(2 minutes)**
  - Sin to confess? • Promise to claim? • Attitude to change?
  - Command to obey? • Example to follow? • Prayer to pray? • Error to avoid?
  - Truth to believe? • Something to thank God for?
5. Jot down your observations in a notebook **(2 minutes)** • PRAY **(5 minutes)**

## Six Things I say before I pray:

God, I'm not praying to get something from you alone.

I'm praying to connect with you.

I'm praying to allow you to make me more like Jesus.

I'm praying to receive guidance from you.

I'm praying because I believe that you can change any situation I'm facing.

I'm praying because I believe apart from you I can do nothing.

**P-** Present yourself to God.

**A-** Attend to how you are thinking of God.

**P-** Purge yourself of anything that blocks your relationship with God.

**A-** Approach God as the first thing in your life.

Ask God for guidance

Thank God

Make requests